



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Lange, Heiko

Club: S1 Suhl

Number: 921

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 58:36

Speed: 10.24 km/h

Running performance: 5:35 min/km

Rank in course/Total: 96 (of 135)

Rank in course/Men: 82 (of 109)

Best time in course: 39:14

Rank in category: 15(of 18)

Best time in the category: 39:41